

3rd Annual Obesity Congress Speaker Live Chat

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CHAT TRANSCRIPT



Pete Thomas
Founder, WinningMan.com
At-home winner
NBC's "The Biggest Loser"

Interviewed by Lola Butcher
Health care journalist
World Congress contributing editor



Lola Butcher (LB): This is Lola Butcher, World Congress contributing editor, here with Pete Thomas, winner of NBC's The Biggest Loser. Mr. Thomas will speak at the 3rd Annual Obesity Congress in Washington, D.C. Nov. 20-21.

Mr. Thomas, thanks for joining me. You lost 185 pounds and kept it off—do you believe all overweight people can lose weight and keep it off? Why or why not?

Pete Thomas (PT): Oh, yeah, I absolutely believe that people can lose weight and keep it off. You know, you mentioned the 185 pounds, and if anybody is interested in seeing what that looked like in my case, then go to our website at www.winningman.com.

But I absolutely believe that people can lose weight and keep it off. I think it's a combination of two things. I think it's a combination of information, and education. And it's not just because I've lost this weight and I've kept it off, but the show *The Biggest Loser* was just a catalyst, it was literally life-changing for me. But it's changed other people's lives. And then, once I've come home to the real world, I've taken what I've learned on the show, and I've also taken what I've studied about weight loss and all the different information that's out there, and I'm helping others to lose weight as well. And these were people who, you know, previously they had no idea that they could lose weight, lose it really quickly, and keep it off.

So I absolutely have a belief that just about everyone – I say “just about;” I believe, you know, there's a very, very small minority of people that may have genetic maladies, but for the most part, 95 percent of people absolutely can lose weight, and I believe lose a large amount of weight, and keep it off. Absolutely.

LB: What motivated you to lose weight? And what motivates you to keep it off?

PT: You know, a very good question. A couple things there. One, to lose the weight, what motivated me to lose weight, I wanted to live. I really wanted to live. I wanted to live my life. I knew that this weight was literally killing me, and I knew that it was going to cause me to die early. So what I did was, I tried everything. I really did. I tried Body

for Life, I tried Atkins, I tried something called the Weigh-Down Workshop. Now, the Weigh-Down Workshop is actually a Christian weight loss program. I got kicked out of that program, Lola! How do you get kicked out of a Christian weight loss program? I have no idea. But I tried all of these different things, but I had a belief that I was going to find the information, the pieces to the puzzle, as it were, that were going to help me to lose weight, and to keep it off permanently. And sure enough, *The Biggest Loser* was the catalyst of that. I learned some of the basics and then I came home and was able to learn even more.

And just as a point of reference, I was on *The Biggest Loser* for exactly 62 days, and I lost 83 pounds in those 62 days. And then I came home and lost another 102 pounds over the summer of that year 2005. So I absolutely believe that that was the thing that I needed. I was motivated to lose the weight, but I needed that specific bit of information.

Now, to keep it off, you know, once the show was over and when the cameras went off, I set a new goal for myself. My goal was to maintain my weight loss for five years. I set that as a goal because, you know, there are some studies, they aren't the best of studies, you know, very small number of participants in those studies, that say that people who lose weight gain it all back after five years. So I set a new goal for myself – To maintain my weight loss for five years. And I'm just about 3 1/2 years into that, and I'm doing just fabulous. And because of this, you know, I believe that I'm going to keep it off forever, but my motivation was simply to not be another statistic.

Another thing for me is, I look at this way: We're living in historic times. You know, in this particular presidential season, we're either going to have the first African-American president, or the first female vice president. So there's history in the making, and that's the way I look at it for my life – There's history that's going to be made in some area down the road. I want to be a part of it. You know, I don't know if my grandchildren will become senators, my grandkids or even nieces or nephews, will one day perform in Carnegie Hall, and I want to be here to see it. And so, that's what I even encourage others, that's a big reason for keeping the weight off, for keeping your health, because you don't know what history your family or other people that you know will make, and you want to be around to see it. That motivates me to keep it off.

LB: Thank you. Please give us a preview of your presentation at the Obesity Congress.

PT: Yes, ma'am. It's a couple of things. It's going to be definitely high-energy. I'm going to share with people some of the basics, some of the principles of what I've learned and what I teach. I'm going to talk about mastering your mind; I'm going to talk about managing your mouth, and multiplying the muscles. And so, it's definitely high-energy. It's going to be a combination of my stories and experiences from *The Biggest Loser* ranch, combined with my real-life experience, my real-life struggles. And then I'm going to definitely have some take-aways that the audience can apply back in their everyday lives and as they go about helping others to lose weight. So it's going to be high-energy with some great take-aways. We're going to talk about our workplace complement, health and wellness complement, the program that we've started that we're trying to get

out there to really help people to lose weight, and it's going to be a great, great session. I'm really looking forward to it.

LB: It sounds terrific. Thank you, Mr. Thomas. To hear more of Mr. Thomas' insights, be sure to attend the 3rd Annual Obesity Congress Nov. 20-21 in Washington DC.

For more information on the 3rd Annual Obesity Congress, or to register to attend the event, visit www.worldcongress.com/obesity.